RETHINKING BURRARD BRIDGE BIKE PLAN, PG 6

Celebrity Buzz

Insurance firm seeks Renée's diary
pg 14

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New law gets tougher on drunk drivers

SAMPLES Rules that went into effect yesterday require British Columbians convicted of drinking and driving to provide breath samples every time they get behind the wheel.

Convicted drivers will be forced to install an ignition interlock device for at least one year at a cost of more than $1,500.

Those caught driving a non-interlock-equipped vehicle will lose their driver's licence.

The program is not retroactive, so people convicted of drunk driving before yesterday will not have to install the device. However, the program also applies to drivers who receive two 90-day driving bans or three 24-hour roadside suspensions within a five-year period.

METRO VANCOUVER

Interlock

- Research shows interlock reduces recidivism by 45 to 90 per cent among both first-time and repeat offenders.

NFL
Super Bowl XLIII

- Marty York breaks down the game, pg 7
- Halftime recap with the Boss, pg 8
- Exclusive blogs at metro news.ca

Please recycle

NFL Super win

PIERRE DUCHARME/REUTERS

Pittsburgh Steelers quarterback Ben Roethlisberger, right, hands the Vince Lombardi Trophy to teammate Santonio Holmes after their team defeated the Arizona Cardinals 27-23 to win Super Bowl XLIII last night in Tampa Bay, Fla. **Coverage, pgs 7, 8**

2 men killed in stabbings

KRISTEN THOMPSON
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Two Lower Mainland men, both in their early 20s, have died after two separate stabbings early yesterday morning.

Tyson Montgomery Edwards, 21, from Burnaby, was rushed to hospital in Vancouver after being stabbed outside Richard's on Richards nightclub around 2:30 a.m.

Two Facebook memorial groups were started within hours of Edwards' death and friends posted messages remembering him as kind and popular.

Edwards' father, Tyson Kilmer, told CBC News his son was kind and well loved, and will be greatly missed, especially by his mother and younger sister and brother.

He said he forgives whoever killed Edwards, adding this is a reminder for parents to cherish their children.

Vancouver police Const. Tim Fanning said Edwards was found unconscious on the sidewalk near the entrance to the club.

Tyson Edwards

"We have limited information on the three suspects involved in the incident," Fanning said.

He added that Edwards was likely the victim of a random attack.

The second stabbing happened in Richmond just after midnight.

The victim, a 23-year-old Richmond man, was found on the front lawn of a home and taken to hospital, where he died, said RCMP Cpl. Dale Carr.

His name has not been released.

"Investigators … are speaking to two males that were arrested and thought to be associated with this incident," Carr said.

Was Phelps training for half-pipe?

APOLOGY Record-breaking U.S. Olympic swimmer Michael Phelps issued an apology yesterday after a British newspaper published a photograph purportedly showing him smoking marijuana from a glass pipe.

"I engaged in behaviour which was regrettable and demonstrated bad judgment," Phelps, the winner of a record eight gold medals at the Beijing Olympics last year, said in a statement after the News of the World published the photograph.

U.S. officials said the news was disappointing but stressed that smoking marijuana out of competition was not an anti-doping matter at this point.

"Obviously, it is very disappointing and a terrible decision by Michael," U.S. Anti-Doping Agency chief executive Travis Tygart told Reuters in a telephone interview.

"To a certain extent, he let down the world."

But Tygart added: "Marijuana, right or wrong, is not prohibited out of competition. Obviously, if he showed up at an event and tested positive, we would take full action against him."

REUTERS

GETTY IMAGES

Michael Phelps

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Cantelon appointed to Agriculture post

Premier Gordon Campbell has appointed Nanaimo-Parksville MLA Ron Cantelon as the new minister of Agriculture and Lands. Cantelon, who played a key role in the development of the agriculture and aquiculture policy in B.C., replaces Stan Hagen, who died of a heart attack two weeks ago. METRO VANCOUVER

Local

RCMP pay to recover stolen art

The RCMP paid $20,000 to a career criminal — a man with 55 convictions — for information that led to the recovery of 12 pieces of Haida art created by Bill Reid. The pieces, which included bracelets, brooches and a gold box with a sculpted eagle on top, left, were stolen from the Museum of Anthropology at the University of British Columbia last May. CBC NEWS ONLINE

Citytv
ROGERS™

Suspicious fire rocks Lt.-Gov.'s residence

CHILLIWACK The fire that damaged a house belonging to British Columbia's lieutenant-governor is being treated as suspicious, RCMP announced yesterday.

Steven Point and his family were in Victoria and their Chilliwack house was empty when the fire started around 5 a.m. yesterday. It suffered extensive damage.

Point is B.C.'s first aboriginal lieutenant-governor. He was sworn in on Oct. 1, 2007.

A criminal arson investigation is underway.

METRO VANCOUVER

News in brief

QUAKE A small, 4.6-magnitude earthquake that hit an area just north of Seattle was felt as far north as Victoria and Vancouver's North Shore. Friday's quake did not cause damage and is not an indication of a larger one to come, according to Natural Resources Canada.

IDENTIFIED Vancouver police yesterday identified the victim of the city's third homicide of the year. William Peter Canning, 65, of New Westminster was found dead in an East Vancouver apartment on Thursday.

METRO NEWS SERVICES

metronews.ca

WHAT'S ONLINE TODAY

Blogs Canadian Soccer Association's Stephen Hart joins It's Called Football for this week's show at **metronews.ca**

Video Ignatieff feels the love from a glowing New York Times profile at **metronews.ca/canada**

Lotteries

Friday, Jan. 30
Lotto Super 7: 03, 15, 28, 30, 32, 33 & 43 Bonus 25
Extra: 02, 03, 47, 75
Saturday, Jan. 31
Lotto 6/49: 14, 15, 20, 28, 34 & 39 Bonus 41
BC 49: 01, 07, 14, 22, 33 & 49 Bonus 30
Extra: 08, 37, 80, 84
These results are not official.

Athlete a late bloomer

Reformed couch potato on the verge of qualifying for 2010 Olympics

JEFF HODSON
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At the ripe old age of 25, Keith Loach, a self-confessed couch potato, peeled himself off the sofa and decided to become an Olympian.

Eight years later — having transmuted 30 pounds of blubber into 30 pounds of muscle — Loach is on the verge of cracking Canada's skeleton team in time for the 2010 Olympics in Vancouver.

"I was kind of borderline overweight and out of shape," said Loach, 33, who was in Vancouver yesterday to promote the 2009 bobsleigh and skeleton World Cup. "I was a professional couch potato who needed to make a change in his life."

Loach, a triplet who grew up a helmet's toss from the sliding centre in Calgary, earned a full-time World Cup spot at the end of last season.

He was added to Canada's World Cup squad part way through this season and is one of five athletes fighting for three Olympic skeleton roster spots.

"The toughest part for me is pushing the sled fast because I was sort of fat and out of shape when I started this sport," said Loach, the slowest starter on the team.

But what he lacks in speed, he added, he makes up for in driving.

"I'm slower than some of the other guys, but I can usually catch them by the end."

Schedule

- The 2009 bobsleigh and skeleton World Cup begins today at the Whistler Sliding Centre. The skeleton final is Thursday, the bobsleigh finals are Friday and Saturday.

JEFF HODSON/METRO VANCOUVER

Keith Loach, 33, a slider competing for a spot on Canada's national skeleton team, shown in Vancouver yesterday.

Province dedicates $34M to housing

TARYN MCELHERAN
for Metro Vancouver

British Columbia is investing $34 million to purchase or lease 15 new properties that will provide housing for 600 people in need, Premier Gordon Campbell has announced.

"An acquisition of this size and scope is a major step forward in protecting and expanding our supply of social housing and helping to break the cycle of homelessness in communities across the province," he said in a release.

The properties are spread out across 10 communities and will include integrated support services.

These properties include single-room occupancy hotels, apartments, former care facilities and a therapeutic community.

People will be able to start moving in as early as March, when renovations are expected to be completed.

McLachlan headlines 7-week Cultural Olympiad

JEFF HODSON
jeff.hodson@metronews.ca

CULTURE A seven-week festival of arts kicked off in southwest B.C. yesterday as part of the one-year countdown to Vancouver's Olympic Games.

The 2009 Cultural Olympiad got underway yesterday with a Lunar New Year celebration at the Dr. Sun Yat-Sen Classical Chinese Garden and Lantern-A-Mania outside the Vancouver Art Gallery.

The festival features more than 400 free and ticketed performances and art exhibits. Its highlight will be a one-year countdown concert on Feb. 12 headlined by Sarah McLachlan at the Queen Elizabeth Theatre.

Sarah McLachlan

"These events are the perfect antidote to long winter days," said Burke Taylor, VANOC's vice-president of culture and celebrations.

Events range from music and dance, visual and literary arts, theatre, film and new media.

Other highlights include:

- Concerts by Broken Social Scene, Tegan and Sara, and Hawksley Workman with the Bell Orchestra, featuring members of Arcade Fire.
- Dance, including Peter Pan by the Royal Winnipeg Ballet and Deca Dance by Israel's Batsheva Dance Company.
- Visual art like an ice sculpture exhibit at the Richmond Olympic Oval and a snow sculpture exhibit at Whistler.
- Japan's Awaji Puppet Theatre.
- The Avatar Circus Project, B.C.'s premier circus troupe.

Program

- A full program guide is available at vancouver2010.com/culturalolympiad.

Cost of Games stable: VANOC

VANCOUVER 2010 Games

BUDGET Organizers of the 2010 Winter Olympics say their operating budget remains balanced despite a revised spending plan that is $127 million higher than previously estimated.

The operating budget was increased to $1.75 billion from $1.63 billion after auditors told VANOC it had to report additional spending it was doing on behalf of private sponsors and outside organizations.

"The cost of the Games has not increased," executive vice-president David Cobb told reporters.

The $127 million represented items such as special transportation that VANOC sets up on behalf of sponsors who then pay for it themselves. REUTERS

Not included

- The operating budget does not include $580 million in competition venue construction being paid for by the Canadian and B.C. governments.
- It does not include the $1-billion Olympic Village.
- Government funding is also being used to build more than $2 billion in infrastructure upgrades.

Ferry fares on rise Ferry fares are rising again after a temporary two-month reduction. It now costs $56 for a driver and car on the major routes, compared to $37.50 last month. On minor routes, it's $33.50, up from $22.50. METRO VANCOUVER

KRISTEN THOMPSON/METRO VANCOUVER

Dancers perform on Pender Street during Vancouver's annual Chinese New Year parade yesterday.

Lunar Year parade brightens rainy day

KRISTEN THOMPSON
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It might have rained on their parade, but spectators at Vancouver's annual Chinese Lunar Year celebration yesterday didn't let the weather dampen their spirits.

Onlookers, huddled under awnings and umbrellas, lined Pender and Keefer streets in Chinatown to watch the 34th annual Chinese New Year parade, which featured more than 50 colourful lion dancers.

Susan Mah, who watched the parade with her five-year-old daughter Clarice, said she comes every year, "rain or shine."

"It's a tradition," Mah said. "I do it for (Clarice) because she's being raised in a North American society, so I want to pass on some Chinese traditions to her, too. And she likes it, too."

Clarice said her favourite parts of the parade are the dragon dancers and the red candy-filled envelopes participants hand out to children.

"I like Chinese New Year," Clarice said. "It's my favourite holiday."

Kevin Wu came downtown with his family from Surrey.

"We do it for the kids, (so they can) get the feeling of the Chinese New Year," he said. "It's important for them to know their culture and background."

Wu said New Year is the biggest holiday in Chinese culture, and the parade is something fun and happy to look forward to in the middle of the cold, rainy winter.

Lawsuit launched in balloon crash

SURREY A lawsuit has been launched by the owners of several mobile homes destroyed in the August 2007 hot-air balloon crash that killed two people in Surrey.

Eleven people were also injured in the crash.

The lawsuit claims proper inspections were not conducted, the pilot wasn't properly trained and that modifications were made to the balloon that weren't approved by the manufacturer.

METRO VANCOUVER

News in brief

CRASH A woman was airlifted to hospital with non-life-threatening injuries after a two-car crash in Langley, cknw.com reports. A man was arrested on suspicion of impaired driving.

ASSAULT Police are looking for a man who walked into a 92-year-old Langley woman's home while she was sleeping and sexually assaulted her. The suspect got in through an unlocked door on Saturday night. The woman managed to break free and run to a neighbour's house. METRO NEWS SERVICE

Licensing mandatory for B.C. home inspectors

PROVINCE Home inspectors in British Columbia will be the first to be licensed in the country, said Solicitor General John van Dongen.

"A home is the single biggest investment most British Columbians make, but financial risk can be the result of an incorrect or misleading report from an unqualified inspector," van Dongen said.

After consulting consumers, the province decided the licence would fall under the Business Practices and Consumer Protection Authority.

In the past, home inspector training had been strictly on a volunteer basis. Starting March 31, it'll be mandatory to be licensed.

There are approximately 300 to 400 home inspectors operating in B.C. and most are members of at least one professional association.

TARYN MCELHERAN/
FOR METRO VANCOUVER

Community court a success: Oppal

RESULTS Canada's first community court in Vancouver is proving to be a success, B.C.'s attorney general said.

Wally Oppal said the court is helping people connect with treatment and health services and break the cycle of crime. Between Sept. 10 and Dec. 31, the court saw 658 people. Of those, 449 were both convicted and sentenced or had their case closed after completing community service.

Hours

- The court has generated about 1,285 hours of community services to downtown Vancouver businesses and community agencies.

"These initial results are very promising and show that collaboration can work well in providing the court with timely information to make sentencing and treatment decisions and address the rehabilitation of the accused," Oppal said.

TARYN MCELHERAN/
FOR METRO VANCOUVER

Winnipeg snowmobiler dies stranded on lake
A 51-year-old Winnipeg man who ran into trouble Saturday while snowmobiling on Lake Winnipeg died after being stranded on the frozen water for six hours while his two children left to find help. **CBC NEWS ONLINE**

Canada

Conrad Black could remain a lord

Conrad Black may be able to keep his membership in the House of Lords, even under new rules that would have British peers with criminal convictions ousted. Having to say he is sorry would be the worst punishment he could face in the House of Lords, since under the current rules peers are appointed for life and cannot be kicked out or forced to resign. Black is serving a 6½-year sentence for fraud and obstruction of justice. TORSTAR NEWS SERVICE

Muslim issue shows its face at Ontario trial

RELIGION A judge has ordered a Toronto woman to testify without her niqab at a sexual assault trial — raising the thorny issue of whether Muslim women should be allowed to appear as witnesses wearing a veil that covers everything but the eyes.

The issue is a collision of two rights, pitting religious freedom against the right of a defendant to face an accuser in open court.

The case could be precedent setting because it doesn't appear there is any Canadian case law addressing the question of Muslim women in the courtroom.

In Canada, home to about 580,000 Muslims, the case will be closely watched, amid fears about Muslim women coming forward in criminal cases.

In October, Ontario Court Justice Norris Weisman reached his "admittedly difficult decision" to force the complainant to testify with her face bared after finding "the complainant's religious belief is not that strong ... and that it is, as she says, a matter of comfort," he wrote in his Oct. 16 ruling. Lawyer David Butt is representing the woman and next month in Superior Court will argue that the ruling should be overturned. TORSTAR NEWS SERVICE

U.K. case

- In the United Kingdom, a panel of judges drafted guidelines in 2007 that said Muslim women should be permitted to wear the niqab, as long as it does not interfere with the administration of justice, according to the Equal Treatment Advisory Committee of Britain's Judicial Studies Board.

Roadside bomb kills another soldier

Sapper Sean Greenfield was remembered yesterday after his armoured vehicle struck a roadside bomb in the tumultuous western reaches of Kandahar province on Saturday.

Sean Greenfield

He is the 11th Canadian soldier to die since December, all of them in roadside bomb attacks.

Greenfield was a member of 24 Field Engineer Squadron, 2 Combat Engineer Regiment based in Petawawa, Ont.

The Taliban did not claim responsibility for the attack and said roadside bombs have been showing up in Kandahar that are not its own.

Canadian military command claim the number of bombs they find far outweighs the number of attacks.

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Nova Scotia mom pleads guilty to her child's murder

RACHEL BOOMER
rachel.boomer@metronews.ca

CRIME Vernon Macumber gave his girlfriend an ultimatum: Pick me, or your daughter. Everyone knows who Penny Boudreau chose.

That's why the Bridgewater, N.S., mom strangled 12-year-old Karissa with a length of twine from her trunk last Jan. 27 — then claimed she was missing, and made tearful public pleas for her return.

"Mommy, don't." Karissa Boudreau's last words

On Friday, the 34-year-old admitted to second-degree murder, and got a life sentence for the unimaginable crime.

"Boudreau said she would do anything for Vernon and the thought of losing him was harder than the thought of losing her daughter," read an agreed statement of facts.

Boudreau cried and apologized in Bridgewater court Friday. But her desire to avoid getting caught, not her guilt, was her undoing. Undercover officers posed as crime bosses, claiming they could destroy any evidence as long as she told them what she had done. Boudreau had been thinking about killing her daughter for days. Boudreau called Macumber and told him Karissa had gone missing. Then she came back to the car, grabbed twine from the trunk, drove to a secluded spot, and killed her.

Karissa's last, frightened words: "Mommy, don't."

Boudreau's parole eligibility was set at 20 years.

News in brief

TRANSIT Ottawa's striking transit drivers, mechanics and dispatchers on Saturday voted in favour of binding arbitration to settle a strike that began Dec. 10. The vote means limited transit service will resume this morning. The transit company is offering free rides until Feb. 15 to lure riders back.

GANG TRIAL Hells Angels member Paul Fontaine was found guilty yesterday in Montreal of killing a prison guard and trying to kill another guard in 1997. Fontaine is expected to appear in court on Feb. 6 to learn the date of his sentencing hearing. He faces life in prison.

FOOD RECALL The Canadian Food Inspection Agency has added another 21 products to the growing recall list because the peanuts they contain may have been contaminated with salmonella. Peanut Corp. has recalled more than 430 peanut products it made dating as far back as Jan. 1, 2007.

WINTER BLAST A powerful winter storm has brought St. John's, N.L., and much of eastern Newfoundland to a snowy standstill. Ten centimetres of snow fell Saturday night and 25 more centimetres was expected to be on the ground before the storm ends this morning.

ANTHEM The principal of the an elementary school in New Brunswick has been told to reinstate the playing of the national anthem following several complaints over the decision to drop it as part of the morning routine for students. The anthem was originally cancelled by parent request.

PRISON Several prisoners suffered minor injuries after inmates barricaded themselves in their cells at the Regina Correctional Centre this weekend. A corrections release says the jail was put on lockdown overnight after the disturbance in a new portion of the facility.

METRO NEWS SERVICES

Obama's half-brother arrested
A Kenyan half-brother of U.S. President Barack Obama was arrested in Nairobi on suspicion of drug possession. Local media report he was found with two rolls of marijuana, but George Hussein Obama, 27, says it was a "misunderstanding." REUTERS

World/Business

Israel strikes Gaza again

Israel launched a series of air strikes in the Gaza Strip yesterday, targeting a Hamas security complex and tunnels used to smuggle weapons after vowing a "disproportionate" response to cross-border fire.

The aircraft carried out half a dozen strikes after three Israelis were injured by a mortar salvo, including two soldiers and the first Israeli civilian hurt since a Jan. 18 truce ended Israel's 22-day offensive in the coastal enclave.

There were no reported casualties in the air attacks. Five of the strikes targeted tunnels along Gaza's border with Egypt, used to smuggle weapons into the coastal enclave, in a zone known as the Philadelphi corridor.

A further Israeli attack was on a security headquarters in a village in central Gaza that residents said had been vacated after Israel telephoned warnings to Palestinians to leave buildings that housed any weapons.

An Israeli military statement said that "in response to rocket and mortar fire today, the air force has attacked a number of targets in the (Gaza) Strip, including six tunnels and a Hamas position." Hamas said five tunnels had been bombed.

Egypt, with U.S. backing, has been trying to broker a long-term ceasefire that would end Hamas weapons smuggling into Gaza and also lead to a reopening of Gaza border crossings, one of Hamas's main demands.

REUTERS

Renewed violence

- Israel's renewed air strikes came as its leaders took a hard line against rocket fire from Gaza ahead of a Feb. 10 national election.
- About a dozen rockets and mortar bombs were fired from Gaza on Sunday, which the al-Aqsa Martyrs Brigades claimed was their doing.

Woman appeals milk sentence

CHINA The former chairwoman of the Sanlu Group, jailed for life and fined 24.7 million yuan ($3.6 million US) over China's melamine-tainted milk scandal in which at least six children died, has appealed her sentence, state media said yesterday.

Tian Wenhua says her trial lacked evidence, her lawyer said. REUTERS

South Korea **Outrage over deaths**

JO YONG-HAK/REUTERS

A protester, left, scuffles with riot police during an anti-government rally in central Seoul yesterday. Thousands mourned for protesters who died in a fire when authorities entered a building, which was to be demolished and redeveloped.

Change or no support: Republicans

ECONOMY Senior Republicans warned their party was unlikely to back U.S. President Barack Obama's economic stimulus bill without changes to cut waste and ensure prompt deployment. The Senate will consider the bill this week, after the House passed the $819-billion US bill without Republican support.

REUTERS

Iran detains women, fellow activist says

IRAN Iranian police have detained three women's rights activists, the latest in dozens of such arrests over the last few years in the Islamic republic, a lead campaign member said yesterday.

Sussan Tahmasebi noted one of those held was accused of spreading propaganda against the state, a common charge against women's rights activists.

They were seized in the mountains north of Tehran on Friday when collecting signatures in support of a campaign seeking changes to legislation which activists say discriminates against women. Iran rejects accusations of bias.

Tahmasebi suggested the latest arrests may be a message from the authorities ahead of International Women's Day on March 8.

REUTERS

News in brief

INDONESIA Police were holding the head of a Muslim cult on preliminary charges of blasphemy after its leader, Agus Imam Solihin, allegedly proclaimed himself God and held sex orgies and adultery rituals. He faces five years in jail.

IRAQ Prime Minister Nuri al-Maliki's allies in the State of Law coalition look set to sweep victories in provincial polls. Even rival Shiite leaders say Maliki's party could win a victory in Shiite areas. REUTERS

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Business

REUTERS/DENIS BALIBOUSE

Pascal Lamy, right, director general of the World Trade Organization gestures next to Doris Leuthard, Swiss economy minister, during the World Economic Forum on Saturday.

All talk, no action

Though trade ministers and political leaders agree that a new trade deal is needed more than ever to keep commerce flowing and prevent trade protectionism, actions — or lack of them — belie words.

Trade ministers meeting at the World Economic Forum at Davos, Switzerland, on Saturday vowed to prioritize the World Trade Organization's (WTO) long-running Doha round.

Despite repeated promises made by world leaders not to put up barriers to trade, they did not set a target date for the WTO's 153 G20 and emerging nation members to meet to push for a Doha deal.

And the warnings and promises on protectionism fly in the face of a series of increased duties, reimposed subsidies and non-tariff barriers erected in the past few months.

REUTERS

Doha talks

- The Doha talks were launched in 2001 to open new trade opportunities and give developing countries a bigger stake in the global trading system, but differences between countries have prevented a deal.

Business in brief

MARKETS Experts say poor earnings, to be reported by companies in the coming weeks, may open the door to a market rally, as glum investors jump on any bit of good news.

ONLINE Google blamed human error for a warning message that flagged every site, even Google's own, as potentially malicious for nearly an hour on Saturday. REUTERS

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Comment & Views

Comment

Faith to fight through winter

HineSight

Anne Hines

The midpoint of winter. Halfway between, "I can't believe it's snowing already" and "I can't believe it's snowing still." The stage of winter when we're so desperate and addled we conscript small furry animals to predict the weather.

I'm one of those who find winter particularly difficult. I suffer from SAD — Seasonal Argumentative Disorder. February makes me testy.

For instance, this morning I was at the gym, on the treadmill, singing my tunes. I love my tunes. To me, all of humankind's technological advances were simply leading to that one glorious triumphant moment when someone created the iPod Shuffle.

My partner, Liz, thinks I should alter my mode of singing on the treadmill to either "on key" or, "so every person in the gym doesn't have to listen to you." But really, what could be more delightful than exercising to the sound of me belting out Faith Hill? The problem comes with my accompanying dance moves. At the point I get the treadmill cranked over six kilometres per hour, it's hard to tell if I'm dancing or having a seizure. My fellow gym members are tired of having their workouts interrupted by anxious gym staff trying to clap me with a defibrillator.

Anyway, this morning, I'm singing and dancing on the treadmill, carefree as a groundhog without a TV contract. A fellow gym patron comes over and sort of stands beside me. I begin to think, "Perhaps she wants something. Perhaps I should ask."

I remove my earphones, feeling very sorry for the people around who were no doubt looking forward to hearing me hit the high note ... almost. I say, "Yes?"

She says, "Um, I'm sorry to bother you, but I was wondering if you'd mind not singing quite so loudly."

I think, "Can you believe how rude?"

Now, normally I'm prepared to go to any lengths to make someone else happy.

Unless it's a lot of trouble. But at that moment, I hit the mid-winter-insanity wall. I was in the grips of Seasonal Argumentative Disorder.

Me: Oh dear. You don't like Faith Hill?

FGP: I do … it's just …

Me: Most people like Faith Hill.

FGP: I do … but I like to be quiet and …

Me: I also have John Denver. Would you prefer John Denver?

FGP: No, no …

Me: You prefer Faith Hill.

FGP: Well, yes …

Me: No problem.

I clapped my earphones back on. She's going to love it when I get to Dancing Queen.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

City should switch gears on bridge plan

InTransit

Derek Moscato

dmoscato@yahoo.com

It's hard to believe, but it looks like a long-debated plan to dedicate two lanes of the Burrard Street Bridge to bike traffic is finally moving forward.

Hard to believe, because for years this issue has pitted the local cycling lobby against a politically powerful voting bloc: Residents of Vancouver's west side. Back in 2005, Sam Sullivan — who was against the plan — used the issue as a wedge to propel himself to an upset mayoral victory against Jim Green.

More recently, the mayoral election of cycling enthusiast Gregor Robertson has reversed the tide once again.

A vote on the issue is set for March, which should result in a lengthy trial period for the bike lanes, stretching from this spring until October.

As a bike commuter myself, and one who crosses the bridge with some regularity, I'm inclined to cheer on this development. After all, while our politicians talk a big game on the virtues of cycling, actual bike infrastructure in this region is still weak.

The result is that relatively few people in metro Vancouver actually commute by bike. So a commitment to more bike lanes should be viewed as a positive.

Still, I'm hesitant to embrace this initiative.

In my opinion, the current sidewalk cycling lanes on the bridge are adequate. Safety problems seem to arise with a handful of Tour de France wannabes who insist on riding much faster than the bridge's posted speed limit for bikes.

"Several key transit routes cross the bridge, so it would be a shame to see buses bogged down in a traffic congestion stemming from this test run."

And once this plan is underway, there will be the entirely predictable backlash from upset motorists, some of whom will surely do their best to depict local cyclists as a group of pampered, self-centred brats.

At least those same drivers can find another bridge to get across False Creek. The same can't be said of a different group of inconvenienced commuters — bus riders.

Several key transit routes cross the bridge, so it would be a shame to see buses bogged down in traffic congestion stemming from this test run.

Instead of propping up a politically divisive plan, local politicians and bike lobbyists should instead focus on building a new bridge across False Creek — known as a passerelle — devoted exclusively to cyclists and pedestrians.

It's an approach long-championed by Gordon Price, director of Simon Fraser University's city program.

And, unlike the current proposal, it is a solution that cyclists, motorists and bus riders can all get behind.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics.

Worth Mentioning

Switching jobs in recession may prove sound strategy

With layoffs happening all around her, automotive worker Ellen Whittington is doing what many worried Americans are doing: Trying to find a safer, better job before she loses the one she has.

Strange as it may seem, changing careers or trying to upgrade jobs amid a recession and millions of layoffs may be just the thing to do — to jump before you get pushed.

"Some organizations use downturns to go out and capture the top talent in the industry from competitors that are hurting," said Peter Stark, business consultant and author of the forthcoming book Engaged: How Leaders Build Organizations Where Employees Love to Come to Work.

"They go after people who would be laid off and considered tops in their industry, but also people who are still working," he said.

Whittington, 32, has updated her resume on online recruiting site Monster.com and is discretely but doggedly networking to find a way into an industry that has a more stable future than the devastated U.S. auto sector.

"It's pretty much an open secret. Everyone is looking," said Whittington, who works for a German automotive company in Cincinnati. REUTERS

Quote of the Day

"I'm 23 years old, and despite the successes I have had in the pool, I acted in a youthful and inappropriate way."

— Eight-time Olympic gold medallist Michael Phelps apologizing after a British newspaper published a photograph purportedly showing him smoking marijuana. REUTERS

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Smith, Woodson headed to football Hall of Fame
Bruce Smith, an all-pro defensive end with the Buffalo Bills, and longtime Pittsburgh Steelers defensive back Rod Woodson are among the six new members of the Pro Football Hall of Fame. Derrick Thomas, Randall McDaniel, Bob Hayes and Buffalo Bills owner Ralph Wilson Jr. are the other new members. METRO NEWS SERVICES

Super Bowl XLIII

Steelers squeak past Cards

Pittsburgh defence fails late, but Roethlisberger rallies the troops

NFL RESULT

Pittsburgh 27 **Arizona** 23

Steelers VS

The Pittsburgh Steelers' rich tradition always began with physical, intimidating defence.

Last night, not so much.

En route to capturing their record sixth NFL title, the Steelers' defence broke down conspicuously in what irrefutably will rank as the most memorable, most unlikely and most spectacular fourth quarter in the Super Bowl's 43-year history.

Ultimately, it was the Steelers' offence that needed to win this championship, as quarterback Ben Roethlisberger engineered a 78-yard, eight-play touchdown drive for a 27-23 come-from-behind triumph over the heartbroken Arizona Cardinals.

The game-winning TD was a doozy — a six-yard bullet, with only 35 seconds remaining, from Roethlisberger to receiver Santonio Holmes, who neatly kept both his feet in the end zone before being belted to the ground out of bounds.

BRIAN SNYDER/REUTERS

Pittsburgh Steelers wide receiver Santonio Holmes catches the game-winning touchdown pass during the dying seconds of the fourth quarter of Super Bowl XLIII in Tampa, Fla., last night.

Holmes also was chosen the game's most-valuable player.

"I told the guys (in the huddle) that it was now or never," Roethlisberger said. "I said, 'All the film study didn't matter unless you do it now,' and we did. I was really proud of (his offensive teammates) the way we went down and scored."

Realistically, however, it should never have come down to that.

The Steelers were ahead 20-7 after three quarters, primarily because its No. 1-ranked defence was its usual brilliant self. Pittsburgh linebacker James Harrison, chosen the NFL's premier defensive player during the regular season, even intercepted a pass on his team's goal line on the final play of the first half and romped 100 yards for the longest touchdown in Super Bowl history. That gave the Steelers a 17-7 advantage.

But in the fourth quarter, veteran Arizona quarterback Kurt Warner started to dissect the Pittsburgh defence like a surgeon, eventually finding Larry Fitzgerald for a 64-yard touchdown pass. With 2:37 left, the Cardinals — 60-to-1 championship long shots when the NFL season began — suddenly took their first lead.

"What I thought at the time (of Fitzgerald's long TD) was that there was still too much time left," Cards coach Ken Whisenhunt said. "The Steelers were able to make the plays. That's what good teams do."

Steelers coach Mike Tomlin concurred.

"Steelers football is always 60 minutes long," Tomlin said. "It's never going to be pretty. Throw style points out the window when it comes to us. But we fight to the end, and we win."

"Our team did a marvelous job," club owner Dan Rooney said.

"We had the toughest schedule in the league and we prevailed … I'd like to thank President (Barack) Obama and the Steeler Nation for supporting us."

Obama said before the game that he was rooting for the Steelers even though he had a soft spot for Warner because of his age. Warner is 37. He also is at the end of his contract and, after completing 31-of-43 passes for 377 yards and three touchdowns last night, is contemplating retirement.

"I'll see," he said. "I have some time to think about it. Right now, though, I'm just thinking about how close we came to winning this. And, obviously, I'm disappointed."

Ben Roethlisberger

YorkReport

Marty York

marty.york@metronews.ca

"Steelers football is always 60 minutes long. It's never going to be pretty. Throw style points out the window when it comes to us. But we fight to the end, and we win."
Mike Tomlin, Pittsburgh head coach

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

Super Bowl

By the numbers

SCORING DRIVES

Pittsburgh 3-0
- First Quarter 9:50: After a Steelers touchdown is called back, Jeff Reed kicks 18-yard field goal for Steelers after 71-yard drive.

Pittsburgh 10-0
- Second Quarter 14:09: Gary Russell caps 69-yard Steelers drive with one-yard rushing touchdown.

Pittsburgh 10-7
- Second Quarter 8:43: Arizona's Kurt Warner throws one-yard touchdown pass to Ben Patrick after 83-yard drive.

Pittsburgh 17-7
- Second Quarter 0:18: Steelers' James Harrison returns interception 100 yards for touchdown.

Pittsburgh 20-7
- Third Quarter 2:16: Reed kicks another field goal for the Steelers after 79-yard drive.

Pittsburgh 20-14
- Fourth Quarter 7:41: Warner connects with Larry Fitzgerald for a one-yard touchdown after 87-yard drive.

Pittsburgh 20-16
- Fourth Quarter 3:04: A holding penalty on Justin Hartwig in end zone results in the Steelers giving up a safety.

Arizona 23-20
- Fourth Quarter 2:47: Fitzgerald scores on another reception from Warner, this time for 64 yards.

Pittsburgh 27-23
- Fourth Quarter 0:42: Santonio Holmes catches six-yard touchdown pass from Ben Roethlisberger to put Steelers up for good.

TOP PERFORMERS

Passing
- Warner, Arizona: 31 for 43, 377 yards, 3 touchdowns, 1 interception
- Roethlisberger, Pittsburgh: 21 for 30, 256 yards, 1 touchdown, 1 interception

Rushing
- Willie Parker, Pittsburgh: 19 carries, 53 yards
- Edgerrin James, Arizona: 9 carries, 33 yards

Receiving
- Holmes, Pittsburgh: 9 receptions, 131 yards, 1 touchdown
- Fitzgerald, Arizona: 7 receptions, 127 yards, 2 touchdowns
- Anquan Boldin, Arizona: 8 receptions, 84 yards
- Steve Breaston, Arizona: 6 receptions, 71 yards
- Heath Miller, Pittsburgh: 5 receptions, 57 yards

Bills set to face Titans in Hall of Fame Game

The Buffalo Bills and Tennessee Titans will open up the NFL's celebration of the AFL's 50th anniversary when the teams play in the Hall of Fame Game in Canton, Ohio, on Aug.9, the league announced Saturday. METRO NEWS SERVICES

Super Bowl XLIII

The Boss still knows how to rock

Springsteen and the E Street Band put on a Super Bowl halftime show to remember

NATALIA MANZOCCO
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Rock legend Bruce Springsteen's halftime performance at yesterday's Super Bowl was heavily hyped by sports nuts and rock fans alike.

And the Boss delivered, with a blistering set of mostly old favourites — but for many, the fun was drained from his performance before the stage lights even came on over Springsteen's E Street Band.

In the days leading up to the game, online oddsmakers were hard at work handicapping potential playlists from the New Jersey native's 30-year career of hit singles. Rolling Stone magazine, acting on insider info, hinted on its website that Springsteen's picks were none of the ones favoured, and the plays were axed.

For those without money riding on the 12-minute performance, it was a treat. After bellowing at viewers at home to "Put down those chicken fingers and turn your TV all the way up," Springsteen broke out hits Born To Run and Glory Days, the latter of which was met by massive cheers and dutifully amended to mention a friend who "was a big football player back in high school."

Springsteen also found room for a new song — the title track from his latest album, Working On A Dream, which seemed as obligatory a halftime move as the showy gospel choir Springsteen brought in to accompany it.

But the highlight of the show was a pick none of the oddsmakers saw coming: A rollicking opening performance of Tenth Avenue Freeze-Out, which saw 59-year-old Springsteen dashing across the stage, jamming his microphone into the audience, and knee-sliding straight into a cameraman's lens.

Also a disappointment to the online betting crowd: Springsteen's wife and backing guitarist Patti Scialfa, despite two-to-one odds, did not suffer a Janet Jackson-style "wardrobe malfunction," nor did the Boss reprise the ending of his Dancing in the Dark music video by pulling Courteney Cox out of the crowd.

Singer Jennifer Hudson sang the American national anthem before Super Bowl XLIII. It was Hudson's first public appearance since the murders of her mother, brother and seven-year-old nephew in October.

ALL PHOTOS GETTY IMAGES

Legendary rockers Bruce Springsteen and the E Street Band perform at the halftime show during Super Bowl XLIII last night at Raymond James Stadium in Tampa, Fla.

Lakers' Bynum injures knee
Los Angeles Lakers centre Andrew Bynum left in the first quarter of Saturday's win over the Memphis Grizzlies with what the team is calling a sprained right knee. Entering the game, Bynum was averaging 14.2 points and 8.4 rebounds this season. METRO NEWS SERVICES

Sports

Nadal denies Federer

Rafael Nadal, left, ground Roger Federer's dreams of a record-equalling 14th grand slam singles crown into dust yesterday, triumphing in a thrilling five-set Australian Open men's final with an epic 7-5 3-6 7-6 3-6 6-2 victory under floodlights. METRO NEWS SERVICES

SPORTS@METRONEWS.CA

Can Canucks' season be saved?

ToulBox

Scott Rintoul

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January 2009 will go down as one of the worst months in the history of the Vancouver Canucks.

After beginning the year with a victory in Nashville, the Canucks proceeded to double that win total over the course of the next 30 days despite the addition of future Hall of Famer Mats Sundin. Along the way, the Canucks set a new record for franchise futility on home ice with nine straight losses.

As the club fumbles its way into February, it is becoming increasingly difficult for even the most optimistic of Canucks' fans to envision a way out of the abyss this team has fallen into.

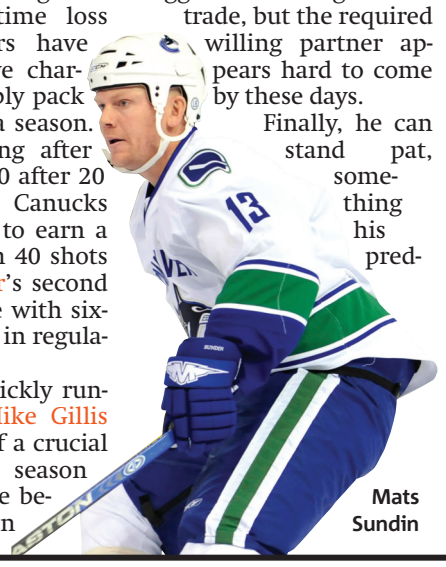
Yes, there were signs in Saturday's overtime loss that the players have enough collective character to not simply pack it in and call it a season. Instead of folding after falling behind 2-0 after 20 minutes, the Canucks fought valiantly to earn a single point with 40 shots and Ryan Kesler's second goal of the game with sixteen seconds left in regulation.

But time is quickly running out and Mike Gillis must ask himself a crucial question: Is this season salvageable? If he believes it is, he can do one of three things.

First, he can fire Alain Vigneault and hope that a shakeup behind the bench translates to a turnaround on the ice.

He could also pull the trigger on a significant trade, but the required willing partner appears hard to come by these days.

Finally, he can stand pat, something his predecessor was crucified for.



Mats Sundin

He'll look like a genius if the Canucks rise from the ashes over the final 32 games, but he'll be berated should the club's current play continue.

Gillis said on Thursday that his patience level is dictated by on-ice play, and that his patience with this group was at an end. We're about to find out if the GM's actions speak louder than words.

- Wally Buono could soon be scrambling like Doug Flutie in an effort to solidify his quarterback contingent.

Buck Pierce will work out for the Houston Texans this week, meaning there's at least a possibility the man Buono recently named as his No. 1 pivot could be bolting.

That leaves Jarious Jackson, who has shown the ability to win as a starter — but not the consistency required to keep the job — and Zac Champion, a sophomore that impressed in what little playing time he was afforded last season.

The fact that Buono is even entertaining the thought of bringing back Casey Printers tells you all you need to know about his confidence in that duo.

He will publicly state that he firmly believes the Lions can win with both Jackson and Champion, but can they win a Grey Cup? If Buono doesn't promptly dismiss the topic of Printers' return, you have your answer.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

Vet Perry claims title in playoff

GOLF PGA Tour veteran Kenny Perry shrugged off the disappointment of a bogey on the 72nd hole to win the Phoenix Open in a sudden-death playoff with fellow American Charley Hoffman yesterday.

Kenny Perry

Both players bogeyed the first extra hole and parred the second before Perry coolly rolled in a 22-foot birdie putt at the third to clinch his 13th Tour title at the TPC Scottsdale. REUTERS

Sports in brief

NHL The Toronto Maple Leafs said Saturday that defenceman Tomas Kaberle is expected to miss at least four weeks with a hand injury. METRO NEWS SERVICES

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Clotheslines can save you money
By hanging your laundry on a clotheshorse or line instead of throwing them in the dryer, you'll save about 950 kilowatt hours of electricity per year. TORSTAR NEWS SERVICE

Going Green

World Wetlands Day

As the rest of Canada waits to see if the groundhog spots his shadow, the Nature Conservancy of Canada (NCC) is proudly marking World Wetlands Day today. Canada is home to nearly 25 per cent of wetlands in the world and the NCC, as this country's leading conservation organization, has been working since 1962 to protect these unique and rich habitats. METRO NEWS SERVICES

EDITOR: MIKE DEREZYCKY, MIKE.DEREZYCKY@METRONEWS.CA

News in brief

ATMOSPHERE The United States will launch a satellite later this month to measure carbon dioxide in the atmosphere and to determine what happens to the climate-changing pollutant, NASA said. Measurement of the gas outside Europe and the United States is spotty, NASA researchers said. REUTERS

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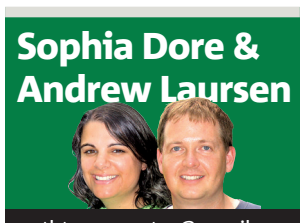
Fuel is a burning issue

EarthTones



Sophia Dore & Andrew Laursen
earthtones.metro@gmail.com

Ideas like pulping paper, pelletizing it and burning it as fuel may offer another source of energy in the future.

What to burn, what to burn? Coal, that one-time wonder rock has lost our love, being named environmental enemy No. 1 by Economist magazine in 2002.

As older coal-burning plants around the country age, they will need to be replaced or upgraded to handle more capacity and to reduce their environmental impacts. We know coal power is dirty power, but the cost and opposition to nuclear power have delayed new projects, and even renewable power projects like wind farms routinely face opposition. While we dislike coal, we seem much more comfortable with the idea of burning something, rather than we are with alternative technologies. We will have a hard time letting go of coal until we change our perception of alternate technologies or find something better to burn.

Some coal-fired plants are now experimenting with burning wood chips. Results of pilot projects seem promising; energy production has not suffered and wood pulp produces less sulfur and NOx emissions. The idea is a political winner. The long suffering forestry industry in Canada could find a new life as an energy provider. The projects have been touted as carbon neutral (which is a farce, but that's a discussion for another day). However, burning new plant biomass instead of coal is worth exploring.

But if you like the idea of using wood, you should love this. Garbage! Many of you are appalled. But think about it. We have this vast source of energy that we keep on generating. We have the infrastructure to collect and transport it. We are already investing the energy to do so. And then we bury it!

Meanwhile, we spend lots of money and energy to unbury coal and oil. For many, burning garbage is distasteful. It conjures an image of black smoke pouring out of stacks, but modern incinerators with high-temperature combustion are much more benign. It's arguably more distasteful to spend energy burying it when it could be used.

And if you turned up your nose at the incinerator, here's one you'll really dislike. But give it some thought. We spend a fortune de-inking recycled paper, generating a lot of wastewater that must be treated (requiring still more energy). We still end up with pulp that is marginal for recycling. With few exceptions, recycling content never exceeds 30 per cent. Think about that. You are doing your part, separating and recycling paper. You try to buy responsibly, yet the best you are likely to get is 30 per cent recycled content because the rest cannot be de-inked. We might be better off scrapping paper recycling.

Instead, we might pulp that paper, pelletize it and burn it as fuel. We'd cut down on water pollution from de-inking and virgin pulp that needs far less bleaching. Like using wood pellets, this would be a boon to forestry. And if you liked the idea of using wood instead of coal, should it matter to you that you've written on that wood first?

We need to set aside biases and personal taboos and consider if it makes sense to use these other fuel sources. And if you are now thoroughly disgusted with the idea of burning anything, maybe we've opened you up to the idea of wind farms and nuclear plants. Either way, it's progress.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University.

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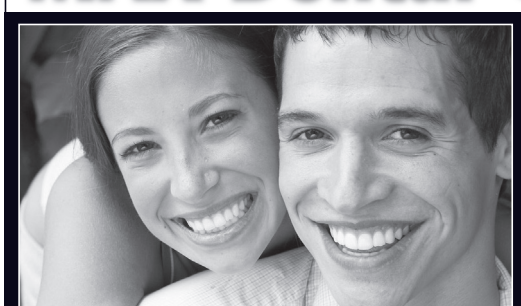

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Cybermentor inspires girls to pursue science and engineering
An Alberta-wide initiative to encourage girls to pursue careers in science and engineering has gone high-tech with the launch of "Cybermentor," an online social community in which girls ages 11 to 18 are matched with female scientists and engineers. METRO NEWS SERVICES

Workology

Free online university?

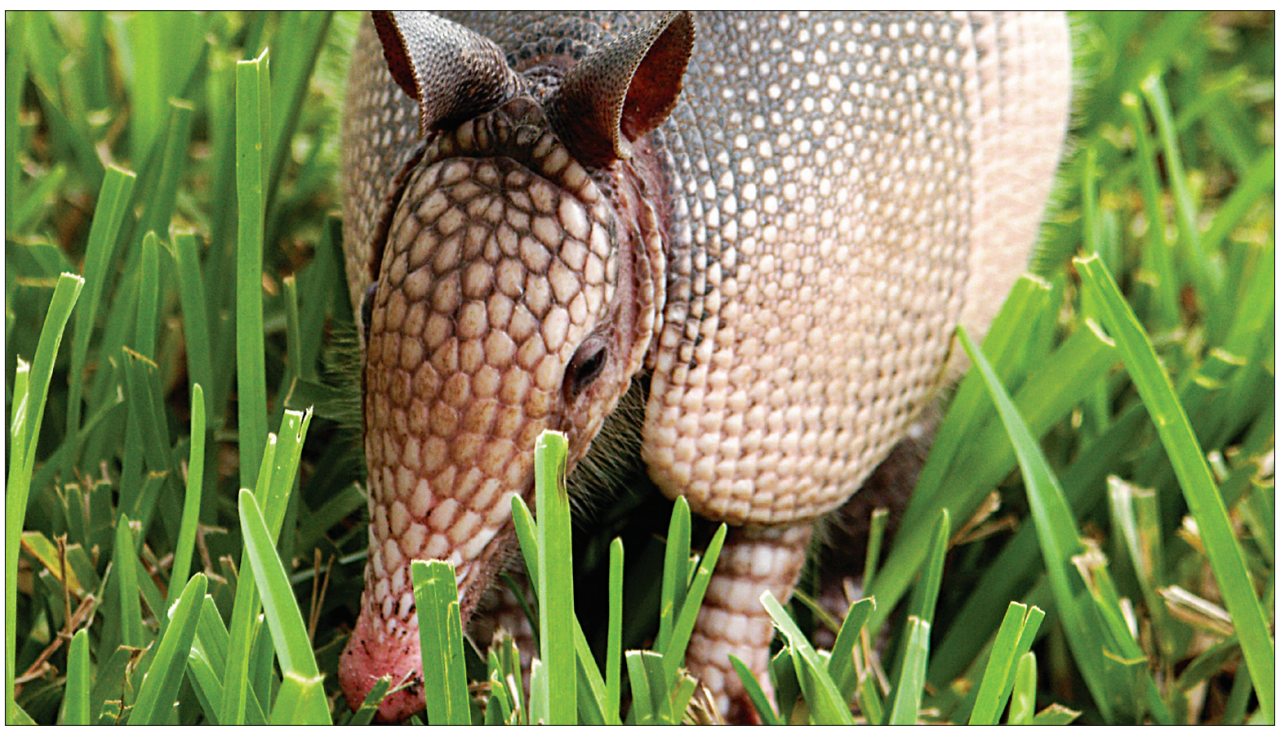
Taking a cue from the open teaching movement, Israeli entrepreneur Shai Reshef plans to launch the first worldwide, tuition-free online university this fall. "The University of the People" will start off small with a maximum 300 students studying either business administration or computer science. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

Wrangling rats, flies and bugs

OddJobs

Diane Peters



It was an armadillo that began Jim Lovisek's career as an animal wrangler.

When he was a child, Jim Lovisek ordered an armadillo from the back of a comic book.

Hey, it was the '60s.

His bedroom was something of a zoo with various snakes, an injured hawk, and numerous other animals. His parents got used to it.

In university, he studied zoology at the University of Calgary, briefly did some research in the Amazon jungle on caimans (a type of alligator) and came back to his hometown, Toronto, and worked part time with the reptile exhibits at the Royal Ontario Museum.

He got to know people in the film industry at that time and started doing animal handling for movies and commercials. Eventually, he quit his day job and got into film work full time.

Lovisek, now 60, has handled rats for the movie Hairspray, snakes for Cold Creek Manor and all sorts of creatures for Telus through his company, Toronto Nature Centre.

He used to keep his own animals, but now he just buys, borrows or rents what he needs for a shoot, tapping into his network of breeders and people who rent exotic animals.

Lovisek's job is to make an animal do a very specific task. Once, he had to make a ladybug walk a straight line, walk up the side of a candle and then back down again. (The digital effects people put the flame in later.)

"It's always challenging to figure out how to get an animal to do something that doesn't hurt the animal."

Lovisek made a path of foam core for the ladybug to walk on and placed cardboard covered with a slippery spray beside the path — the bug avoided that and stayed on course. Ladybugs like to walk up, so it went up the candle no problem. At the top, he put a daub of Vick's VapoRub, which animals hate, so it came back down.

He sometimes uses food or water to motivate animals. For insects, he fashions tiny harnesses with fine line. A quick blast of carbon dioxide will put a fly or bug to sleep for a few minutes so he can tie it on.

Acquiring animals, figuring out a scene and training birds or dogs takes time, so Lovisek needs plenty of notice from filmmakers.

To stay on top of his work, Lovisek reads recent animal studies, plus he never stops observing animal behaviour.

"What you learn is there's a lot to learn. You discover you are scratching the surface."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Animal wrangler
Salary: N/A
Education: A lot of experience with animals
Best part of the job: "Trying to get an animal to do a specific thing on set and to have it work, and work well."
Worst part of the job: "Waiting. You can be on set for eight or ten hours before you get your moment. Waiting is hard too for certain animals."

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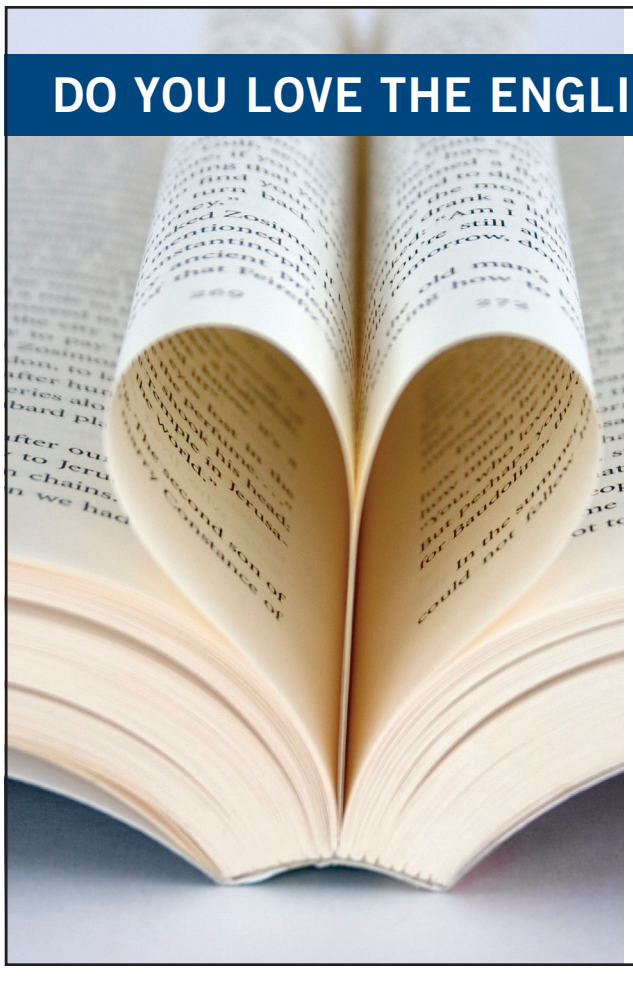

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BCIT

Check out the next Metro Workology exclusive: Matters of the Heart

If Curtain Call wasn't your thing and you're excited about Valentine's Day, stay tuned for Matters of the Heart, our next series that focuses on falling in love, falling out of love, and everything in between.

Curtain Call's last meal

BRIAN COULTON
for Metro Canada

In Don McKellar's 1998 end-of-the-world film Last Night, protagonist Patrick Wheeler sits down to one final "Christmas" dinner with his family. It's not Christmas, it's an unexplained Armageddon, but mom's warmly remembered turkey and stuffing seems a nonetheless fitting culinary sendoff.

However, mom doesn't forget perverse Patrick on this special day. Before the family dines, she emerges from the kitchen with a platter of lamb for Patrick, her sullen son's favoured fare for his last meal.

The instances in which one may be faced with chowing down on just one final feast are numerous. If it's not the end of the world, it could be death row (at least in some other country). If it's not in the big house, it could be at the house of Jim Jones or some other like-minded suicidal cult leader.

And, like your last words, your last meal should make a statement about you.

The pacifist may wish to follow Victor Feguer's lead. Feguer killed a doctor in Iowa in 1960 and was

Someone once ordered a single olive, pit in, as their last meal in hopes that an olive tree would grow from his body.

Curtain Call

hanged for the crime three years later. Perhaps to make amends, Feguer requested a single olive, with the pit still inside. Rumours say he hoped the fruit would grow from his body into an olive tree, a symbol of peace.

To profess your cult commitment or witch status, dine like robber-murderer James Smith did before he was executed in Texas in 1990. Allegedly to perform a voodoo ritual, he requested a spread of dirt for his last meal. Unfortunately for Smith, the prison disqualified dirt as an acceptable food. Fortunately, he was willing to accept dairy in lieu of dirt and enjoyed yogurt before his big sleep.

Humanitarians shouldn't have trouble taking a page from former vagabond Philip Workman's book. Executed in Tennessee in 1997 for robbing a fast food restaurant and killing a cop, Workman denied personal nourishment, but requested a large vegetarian pizza be given to the homeless. His request was also denied, but altruistic Nashville residents responded to the rejection by delivering hundreds of pizzas to local homeless shelters.

But, if the thought of impending demise spurs apathy over how you may be remembered, you might as well gluttonously indulge like triple-murderer Lamont Reese, executed in Texas in 2006: Enchiladas, fajitas, one bacon cheeseburger, a pizza, chicken salad, tacos and fried chicken.

Bon appétit.

For the entire Curtain Call exclusive series see stop by Metronews.ca/work

Bidding farewell to a feature

It's been an interesting ride for the Workology section this last month. I hope our readers enjoyed reading our special Curtain Call series as much as we enjoyed writing and producing it. Some series highlights:

- **HOMICIDE: LIFE ON THE STREET:** The feature on the life of a homicide detective.
- **ASHES TO ASHES:** The story of the life of a crematorium operator.
- **CATCHING CRIMINALS BY THEIR LOOPS AND CURLS:** A feature on someone who could quite possibly be the only holder of a doctorate in handwriting analysis in Canada.
- **GRIEF TOUCHES US ALL:** Delving into loss and redemption; in other words, the life of a grief therapist.
- **DEAD, BUT HOW?:** An in-depth look at the amount of training and experience it takes to become a forensic pathologist.

The entire Curtain Call series is available at metronews.ca/work.

We here on the Metro Workology team hope that we've informed all our readers about some of the interesting, unique and lucrative career opportunities that you may have never fathomed. Please enjoy the tongue-in-cheek article to the left; a way of giving Curtain Call its own last meal.

–DOUGLAS DUNLOP (EDITOR)

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The Canadian Forces offer you over 100 full- and part-time job opportunities in stimulating environments.
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WHERE: Canadian Forces Recruiting Centre Vancouver 620 Royal Avenue, New Westminster
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Canada

• The School of Computing Science at Simon Fraser University offers a Major or Honours in Computing Science and joint programs with Business, Mathematics, Linguistics, Philosophy and Molecular Biology and Biochemistry.
• We are pleased to announce a new, hands-on program called Software Systems that centres on software development. This program is offered exclusively at SFU's state-of-the-art Surrey campus.

Madonna gets custody of kids
A London judge has given Madonna temporary permission to move her two sons with ex Guy Ritchie to New York City.
The U.K. Evening Standard reports the custody agreement will be made permanent within the next 14 day. **USMAGAZINE.COM**

Entertainment

Damon delay

Plans for Matt Damon's next movie have been suspended because of the economic downturn. The actor was scheduled to appear in Torso, a film about Eliot Ness.
FEMALEFIRST.CO.UK

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA

Making sense of money

RAFAEL BRUSILOW
for Metro Canada

Whether you've got skeletons in your financial closet or just need a little guidance, Alison Griffiths wants you to let it all out on-air.

Griffiths, a financial journalist and host of W Network's Maxed Out, will host Dollars & Sense, a live call-in show aimed at making money less intimidating by discussing it in a casual, live setting.

"This isn't the business channel — this is me at your dining room table," said Griffiths, who co-authored the book Vancouver.

She promises the call-in format will lead to highly specific and practical advice. "It's an objective forum where people can exchange ideas. There'll be a lot of depth to it and a lot of very specific information and tips," Griffiths said.

RAFAEL BRUSILOW/FOR METRO CANADA

Alison Griffiths hosts Dollars & Sense on VIVA and W Network.

The premiere episode hopes to hit back at the financial crisis by featuring Philip Brown of Credit Canada doing a primer on how to get out of debt, while other weeks will have similar experts taking calls on everything from taxes and savings to RRSPs and investments. Callers will have an opportunity to ask tough questions and share their own misadventures in a constructive setting meant to get at the root of money problems.

"The problem with money is many times we don't learn from our mistakes because we don't know what the lesson was," she said.

Understanding what you did wrong financially can be difficult because, as the recent market meltdown has shown, the inner workings of money can be far more labyrinthine than most people imagine.

"There's nothing more confusing than money. It's so complicated that even the experts don't understand it," Griffiths said.

Dollars & Sense premieres tonight on VIVA and W Network

Director Boyle wins guild award

Danny Boyle, whose rags-to-riches romance Slumdog Millionaire has won over U.S. audiences, was named best director by the Directors Guild of America Saturday, cementing the movie's position as the Oscar front-runner.

The win put a positive end to a week of controversy for the film that tells of a young Indian boy raised in the slums of Mumbai who goes on to compete for a fortune on a TV talk show and, in the process, also tries to win the girl of his dreams.

Slumdog has met with praise in the United States, but in India it has sparked some protests over its depiction of people who live in Indian slums.

FREDERICK M. BROWN/GETTY IMAGES

Director Danny Boyle

On Saturday, controversy seemed far from British director Boyle's mind when he accepted the Directors Guild honuor. He talked of achieving dreams and challenged the other film and television makers in the room to press on with work in which they believe.

"If I can get here, you can," he said as he accepted the trophy. "Dream kind and dream hard." **REUTERS**

In brief

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. Taken: $24.6 million US
2. Paul Blart: Mall Cop: $14 million
3. The Uninvited: $10.5 million
4. Hotel for Dogs: $8.7 million
5. Gran Torino: $8.6 million
6. Slumdog Millionaire: $7.7 million
7. Underworld: Rise of the Lycans: $7.2 million
8. New In Town: $6.8 million
9. My Bloody Valentine: 3D: $4.3 million
10. Inkheart: $3.7 million

REUTERS

IntelleVision

Rick McGinnis
Read it at metronews.ca

GlobalStyle

Kenya Hunt
Exclusive at metronews.ca/globalstyle

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/2/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Little Mosque	Sophie	Being Erica "Adultescence"		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Soup	How I Met	Engagement	Worst Week	Snoop Father	Snoop Father	News (CC)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	The Practice "Ties That Bind"		One Tree Hill (N) (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "The Greater Good"		24 "Day 7: 2:00PM - 3:00PM"		Heroes (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Gossip Girl (N) (CC)		MTV Presents: Summer		Medium "Soul Survivor"		News (CC)
	253	359	13 CITY	Law & Order: SVU		The Bachelor Jason breaks the rules at the rose ceremony.				True Beauty "Natural Beauty"		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Worst Week	CSI: Miami (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Chuck (N) 3D (CC)		Heroes (N) (CC)		Medium "Soul Survivor"		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		Dollars	Smart Cookies	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelor Jason breaks the rules at the rose ceremony.				True Beauty "Natural Beauty"		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	America's Sweethearts ★★ (2001) Julia Roberts.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow "Dallas"		American Experience (N)		Eyes on the Prize II		Eyes on Prize
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "The Greater Good"		24 "Day 7: 2:00PM - 3:00PM"		News (N) (CC)		Family Guy
	-	364	43 PBS	Oprahs Roots: African		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow "Dallas"	
	296	654	64 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	65 TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	66 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	67 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Will & Grace
news	502	390	26 NW	Global Hunt for Mr. Swirl (N)		CBC News: The National (N)		CBC News: The National		Global Hunt for Mr. Swirl		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Hockey	Canucks TV	Hockey	UFC: Access	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	Premier League Poker II (Taped) (CC)				SportsCentre
	411	457	49 OLN	Bounty Hunter	Bounty Hunter	Survivorman (CC)		Mantracker Steve and Jeff.		Bounty Hunter	Bounty Hunter	Survivorman
	410	403	54 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55 SC	Barrett-Jackson		NASCAR Pre.	Pass Time	SuperCars	SuperCars	Car	Car	Auctions
	416	409	144 GLF	Fútbol Alemán: Equipos SA		Gol TV News		Ole: La Liga		Paid Program	Art of Football	Gol TV News
family	552	543	25 YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Zixx Level	Falcon Beach "Tidal" (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Undersea	Landscape	History of Britain (CC)		Riviera Cocktail (N) (CC)		Sabrina's Law Struggle. (N)		Haida Art
	575	583	20 CMT	Hope & Faith	Hope & Faith	Weddings	Hollywood	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	MuchNews	NewMusic	MuchVibe (CC)		So You Think You Can Dance The top 14. (CC)				Dance
	600	564	29 H&G	Price	Petal Pushers	Holmes on Homes (CC)		Property	Income Prop.	House	For Rent	Price
	615	520	31 A&E	Paranormal	Paranormal	Paranormal	Paranormal	Intervention "Janet" (CC)		Intervention "Lana" (CC)		Paranormal
	628	584	32 SPKE	(6:00) Stripes ★★ (1981) Bill Murray.			MANswers	CSI: NY "Heart of Glass"		Disorderly Conduct: Video		I Bet You Will
	521	560	34 TLC	Jon & Kate	Jon & Kate	Little People	Little People	Jon & Kate	Jon & Kate	Jon & Kate	Jon & Kate	Kids by Dozen
	616	522	39 SHO	The Outer Limits (CC)		Kink in Hair	Kink in Hair	Pure Evil (N)	Rent-A-Goalie	Name Is Earl	Testees (CC)	House (CC)
	620	523	40 BVO	The Jackie Washington Story		Law & Order "3 Dawg Night"		Without a Trace "Endgame"		Bookfair Murders (2000) Samantha Bond. (CC)		
	601	562	41 SLC	Project Runway Canada		ET Canada	Matchmaker	Project Runway Canada		Trading Spouses		Biggest Loser
	520	505	42 DIS	Verminators (N) (CC)		Daily Planet (CC)		Dirty Jobs (CC)		Verminators (CC)		MythBusters
	522	506	44 HIS	NCIS "Iceman" (CC)		Battle 360 "Hammer of Hell"		Underground War		NCIS "Iceman" (CC)		Crime Stories
	627	528	45 SPC	Ghost Hunters (CC)		Stargate SG-1 War games.		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Scary Movie 3 ★★ (2003) (PA) Anna Faris.			Final Destin. 3
	619	525	48 TROP	TV Made	News Show	Tube Tales	E News	Make	TV Made	Planet Soap	Reality	Deal-No Deal
	603	561	52 FN	Hell's Kitchen (CC)		Chef School	Chef School	Challenge Pizza acrobats.		Food	Road Tasted	Hell's Kitchen
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Zach Galifianakis: Live		Daily Show
	320	621	60 CEN	Sanctuary (CC)		U.S. of Tara	Secret Diary	ZOS Zone of Separation (N)		Brotherhood (CC)		Sanctuary
	581	566	101 MTV	The City (N)	City Live After	MTV Live	MTV News	Bromance (CC)		The City	City Live After	MTV Live
	261	394	102 V	God Bless	Clergy	Poltergeist: The Legacy		The Heavenly Kid ★ (1985) Lewis Smith, Jason Gedrick. (CC)				Paid Program
	-	-	109 MUL	Matchmaker	Mom's-Upset	It Will Be Difficult to Love		Marimar		Pinoy: That's Entertainment		Patrol World

critics' corner

House
It's the big One-Oh-Oh — 100 episodes' worth of medical mysteries, clever quips and personal angst for the cane-wielding curmudgeon known as Dr. Gregory House. Milestones often cause people to take stock of their lives, and House (Hugh Laurie) and his team are no exception when they discover their patient was a medical researcher who quit to pursue a dream. Thirteen (Olivia Wilde) has a severe reaction to her experimental drugs in "The Greater Good." 5 PM on STR, 8 PM on GTV FOX

Medium
It's about dead people, but the show isn't dead; it's just been away for a few months. Patricia Arquette returns for a new season as Allison Dubois, the wife and mother who uses her psychic power — she sees dead people in her dreams — to help the police solve murders. In this new episode, her visions point her to the victim's former husband, but he's been dead for two years. Jake Weber, Sofia Vassilieva, Maria Lark and Miguel Sandoval also star. 10 PM on NBC. 10 PM on VI

Loeb marries music supervisor
Grammy-nominated singer-songwriter Lisa Loeb wed Roey Hershkovitz, a music supervisor for Late Night with Conan O'Brien on Saturday night, her manager confirms to Usmagazine.com. METRO NEWS SERVICES

Celebrity Buzz

Restraining order against Spears' ex

DISPUTE Britney Spears' father has obtained new restraining orders against her former manager, her ex-boyfriend and a lawyer, according to court documents filed Friday, people.com reports.

Jamie Spears and lawyer Andrew Wallet, who oversee the singer's affairs as co-conservators, allege the three men "are now working in concert to disrupt the conservatorship with utter disregard for Ms. Spears' health and well being," the papers say.

Spears' father says her cellphone records show "numerous telephone conversations" and text messages with her ex-manager Sam Lutfi and former boyfriend, paparazzo Adnan Ghalib.

"(Britney) innocently informs (Ghalib) of her destinations and that he then arranges for paparazzi to meet and film her to his financial benefit," Jamie Spears says. "(He) is harmful to Ms. Spears and to her recovery."

Her father also alleges that on Dec. 27 and 28, 2008, Lutfi tried to contact Britney through her hairdresser with the message that Lutfi was not responsible for creating the conservatorship.

He allegedly sent a text message to the hairdresser saying, "I've done everything I can to free her from this. Very close to getting her free now."

The restraining orders forbid Lutfi, 34, and Ghalib, 36, from contacting Spears or coming within 250 yards of her, her property or family members, according to the L.A. Superior Court papers.

Jamie Spears also got a restraining order against lawyer Jon Eardley, who was involved in challenging the conservatorship proceedings.

METRO NEWS SERVICES

Did Aniston and Mayer split again?

RELATIONSHIP Either John Mayer has split from Jennifer Aniston or they have a very open relationship, intouchweekly.com reports.

The website says the musician was spotted on an intimate date with a beautiful blond woman at Marix Tex Mex Restaurant in Santa Monica last week. "They were obviously on a date," a source tells In Touch. "He came in with her another time, too, and I've seen them out together."

While the two keep their romance under wraps, the source says John couldn't hold back his feelings for her when saying goodbye. "He gave her a long kiss before they left," adds the insider. "John has been here six times in the last two weeks but never with Jen."

Mayer, 31, and Aniston, 39, split last August after dating for several months, but found it difficult to go their separate ways.

The two rekindled their romance in October and in early January, the couple was even seen vacationing together in Cabo San Lucas in Mexico.

METRO NEWS SERVICES

Voight discusses exercise regimen

HEALTH Movie star Jon Voight keeps himself in shape by running backwards, reports femalefirst.co.uk.

The actor father of Angelina Jolie hits the canyons and streets near his Los Angeles home twice a week for a stress-free jog and he thinks that reverse running helps clear his head.

He says, "As you get older, you have to do something to keep yourself fit. You have to watch what you eat and I have a little regimen I do that I don't tell anybody about.

"A couple times a week I go running and I run backwards. I run up hills."

METRO NEWS SERVICES

Many comment on Jessica's new curves

WEIGHT People.com is reporting the outpouring of support for Jessica Simpson's curves continues.

"She's a gorgeous girl," Carmen Electra told People magazine Friday night at the 6th annual Leather & Laces Super Bowl Party in Tampa about her "good friend" Simpson. "A lot of women would die to look as good as she looks."

In fact, Electra believes much of the controversy surrounding Simpson, 28, and her curvier body can be chalked up to the outfit she was wearing the day she performed in Pembroke Pines, Fla.

"There's going to be moments where people don't necessarily like your look or what you're wearing, and that's OK," she says. "Next week, she'll rock some outfit that will blow everyone away."

METRO NEWS SERVICES

McCartney still sad over Linda

RELATIONSHIP Paul McCartney still wakes up every morning feeling a "tinge of sadness" at the death of his first wife Linda, femalefirst.co.uk reports.

The Beatles legend is currently dating American socialite Nancy Shevell following a messy public divorce with second wife Heather Mills in 2008.

But McCartney still misses Linda, who died in 1998 after losing her battle with cancer.

He says, "I don't wake up every day with a hole in my heart, but there's a tinge of sadness."

METRO NEWS SERVICES

Zellweger's diary wanted in insurance lawsuit

LEGAL TMZ.com is reporting that an insurance company is trying to subpoena Renee Zellweger's diary.

The gossip website reports that back when the Bridget Jones' Diary star was filming Cinderella Man back in 2005, production was delayed after co-star Russell Crowe stopped the filming dead in its tracks because he dislocated his shoulder.

Because there was a seven-week delay, the production took longer than expected, and Zellweger had other projects she couldn't do. So the insurance company for the film reportedly negotiated a $3 million US payout to Zellweger to account for her missed opportunities.

TMZ.com reports that it now seems the insurance company has filed a suit over the whole mess and wants Zellweger to account for her time, presumably to show whether she really suffered a financial loss. No word on whether the judge will grant the request.

METRO NEWS SERVICES

Model dislikes objectifying women

BEAUTY Elle Macpherson hates being looked at, femalefirst.com.uk reports.

The supermodel-and-actress — nicknamed The Body because of her stunning figure — doesn't feel it is healthy to objectify women because of their looks.

She said: "As strange as it might sound, I feel uncomfortable when people look at me. I really don't like it. That's one of the reasons that I've almost never enjoyed catwalks.

"My view is that putting a woman on a pedestal for everyone's enjoyment is not a positive thing at all."

METRO NEWS SERVICES

You could **WIN** a Soho® Lychee Love prize pack for **VALENTINE'S DAY**

To celebrate the most romantic day of the year, SOHO® is giving away six (6) Valentine's Day prize packages.

SOHO® is a stylish liquor created with the unique and exotic taste of lychee. The sensual fruit from Asia is considered to be a symbol of romance and love because of the red, heart-shaped appearance.

Prize Pack Includes:
- $100 gift certificate to a local sushi restaurant
- Japanese Cherry Blossom Pamper pack
- Collection of three (3) romantic movies
- Soho love candle
- And more...

SOHO® Lychee Love
1½ oz. SOHO® lychee
½ oz. Malibu® rum
6 oz. mango or pineapple juice
1 dash grenadine syrup
Blend all ingredients except grenadine with ice.
Top with grenadine and garnish with a lychee fruit.

Enter online at www.metronews.ca by Monday February 9, 2009 for your chance to win.

No purchase necessary. Must be of legal drinking age to participate. See full contest rules for details. Retail value of prize $500. Please enjoy our products responsibly.

The Weather Network
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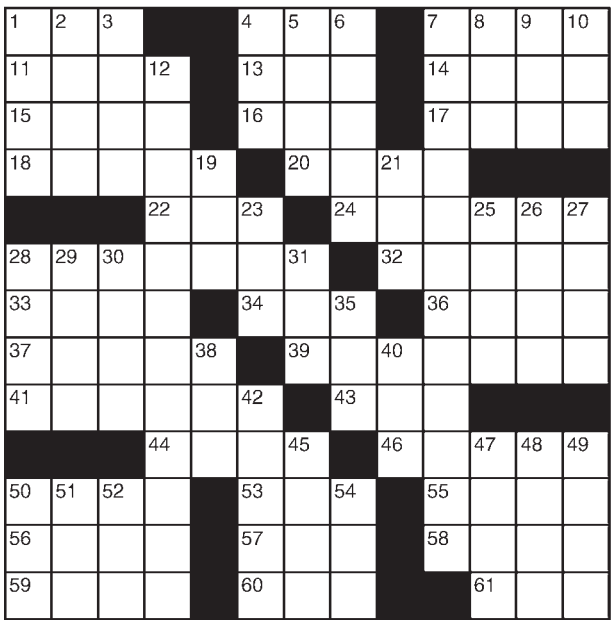
Today Showers 80% 8°/ 4°
Tuesday Partly cloudy 9° / 5°
Wednesday Partly cloudy 9° / 4°

WeatherEye... Free App Available on iPhone.

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



Crossword across

1 Pouch
4 Paintings
7 Jazzy phrase
11 Enthusiastic, and then some
13 Legume
14 Nastase of tennis fame
15 Frost
16 Bill
17 Ball of yarn
18 Office mail receiver
20 Milne bear
22 Tear
24 Vitamin C source
28 Delicate
32 Fracture
33 Entice
34 Tibetan critter
36 Moonstruck state
37 Reserved
39 Dangled a carrot
41 Bicycle parts
43 Combat
44 Ready for the picking
46 Miniature
50 Cohort of Ringo
53 German pronoun
55 Sandwich cookie
56 Stereo hookup
57 Letter after pi
58 Skaters' venue
59 Press clothes
60 Very long time
61 Payable

Crossword down

1 Indian wrap
2 Not "fer"
3 Barber's tool
4 Likely
5 Harvest
6 Forbidden
7 Controversial comedy legend
8 Under the weather
9 "A curse upon thee!"
10 A handful
12 Controversial comedy legend
19 Noon, in a sense
21 Sphere
23 Thickness
25 Tidy
26 Stare
27 Supplemented, with "out"
28 Dud
29 Mysterious character
30 Saharan
31 Consume
35 London's — Gardens
38 Actor Wallach
40 Page in an atlas
42 Steeple
45 Reverberate
47 Crossword diagram, e.g.
48 Options list
49 Oxen's joiner
50 — Beta Kappa
51 Atmosphere
52 E.T.'s vessel?
54 Sweetie

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5	6			9	1			4
			5			6		8
				6				
	2		7				1	
		5				8		
	7				9		5	
				3				
4		2			5			
9			1	8			3	6

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	A	M	B	A		O	D	D
I	D	I	O	T		B	A	A
T	O	N	A	L		J	I	N
		G	R	A	D	E	S	
O	W	L		S	I	C		O
H	O	E	S		S	T	U	D
M	O	S	A	I	C		N	E
			R	O	O	S	T	
A	R	G	O	N		I	I	I
T	H	E	N		B	E	L	O
T	I	N	G	L	E	S		W
A	N	I		Y	E	T		A
R	O	E		E	R	A		N

S	A	L						
P	R	O						
J	I	N	G	L	E	S		
R	I	T	E					
O	A	T	E	R				
D	I	N	O					
N	E	W						
W	A	L	E	S				
A	P	E	A	K				
N	A	S	T	Y				

8	4	5	9	2	3	1	6	7
9	1	2	5	6	7	8	3	4
6	3	7	4	8	1	9	2	5
4	5	9	8	1	6	3	7	2
1	8	3	2	7	4	6	5	9
7	2	6	3	5	9	4	1	8
5	9	1	7	3	8	2	4	6
3	7	8	6	4	2	5	9	1
2	6	4	1	9	5	7	8	3

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Under 13 min .....Genius
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17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spicy chicken fajitas

INGREDIENTS:
2 large skinless chicken breast fillets
1 1/2 tbsp (20 mL) Cajun spice mixture
Tabasco to taste
8 soft flour tortillas
1 papaya
1/4 cup (50 mL) olive oil
Juice of 1 lime
4 cups (1 L) delicate mixed salad leaves

METHOD:
1. Cut chicken breasts lengthwise into eight long strips. Sprinkle spice mixture over plate, add chicken strips and toss to coat. Sprinkle lightly with Tabasco, then set aside 5 minutes.
2. Meanwhile, warm tortillas according to package instructions. Cut papaya in half lengthwise and scoop out seeds, then cut each half into eight slices and peel.
3. Heat 2 tbsp (25 mL) oil in large frying pan. Add coated chicken strips and stir-fry 6 minutes over medium heat. Remove from heat, sprinkle with half of lime juice and toss, scraping residue from pan.
4. Divide salad leaves among warm tortillas. Sprinkle over remaining oil and lime juice, then top with chicken strips and slices of papaya. Season to taste, then roll up loosely and serve at once, two per person.
.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Weariness breeds dismay, so take a different approach. Vexing delays in the discharge of your duties will evaporate.

TAURUS
APRIL 21-MAY 21
An exceptional person will make the most of a scary risk. New information can make you feel as if you're out of your depth.

GEMINI
MAY 22-JUNE 21
Go to public places if you're looking for action. Flattery will work on those who seem to be immune to it.

CANCER
JUNE 22-JULY 22
Surprising news will come through outside sources. You'll get more attention by offering a lifeline to someone.

LEO
JULY 23-AUG 23
When an offer is retracted, a friendship is damaged. Don't explode when a careless outsider makes a blunder.

VIRGO
AUG 24-SEPT 22
Go with your gut reaction, if you want to settle a debate. Be very cautious when temptation arises. You'll wonder if someone has your best interests in mind.

LIBRA
SEPT 23-OCT 23
A call may alarm you, but nothing can be done right away. Getting back to normal might seem to be impossible. A doleful friend will have a bad case of the blues.

SCORPIO
OCT 24-NOV 22
Your perspective improves after a chat. You'll need a comforting friend, if you're too cranky. Somebody's absence can cause the loss of an opportunity.

SAGITTARIUS
NOV 23-DEC 21
You'll be enthusiastic when you see amazing things. Your boldness will generate a winning scheme. Your personal style brings you good luck.

CAPRICORN
DEC 22-JAN 20
Complicated relationships confuse you and cause delays. A madman is less about talk and more about action. Touching memories are stirred up by a remark.

AQUARIUS
JAN 21-FEB 18
Your determination and honesty are the best way to get ahead. Self-discipline, tact and calmness are needed. A sentimental guy benefits from a tough friendship.

PISCES
FEB 19-MARCH 20
Be consistent, if you want to improve your professional appeal. It's important to stay on top of breaking news. Restrain your temper with people who are selfish.

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